



BREAKFAST & LUNCH

9³⁰ – 15⁰⁰

DRINKS

FAIRTRADE ORGANIC COFFEE*

Espresso / Doppio	CUP 2.0 / 3.0
Espresso Macchiato / Doppio	CUP 2.5 / 3.3
Americano / big Americano	CUP 2.3 / 3.0
Cappuccino / big Cappuccino	CUP 3.0 / 3.7
Milk Coffee	CUP 3.4
Latte Macchiato	GLASS 3.4
Flat White	GLASS 3.4
Extra shot	1.0

* With a choice of oat, rice, or soy milk (+0,00), or pea protein milk (+ 20 cent)

FRESH TEAS

Peppermint	GLASS 0,4L 3.8
Ginger	GLASS 0,4L 3.8
Peppermint & ginger	GLASS 0,4L 4.4
Ginger & tumeric	GLASS 0,4L 4.4

DRINKS

ORGANIC TEAS

CALM DOWN

Lemon balm, fennel, rosemary

FRIENDLY BELLY

Lemon balm, anise, hop blossom

STAY STRONG

Anise, blackberry leaves, fennel

FRESH BREEZE

Anise, linden blossom, mint

BERRY LOVE

Blackberry, strawberry, apple, orange

SUPERGREEN

Green Gunpowder tea

GREEN SPIRIT

Green Sencha tea, peppermint

GREEN LEMON

Green Sencha tea, lemongrass

BLACK SPIRIT

Assam tea / Earl Grey tea

GLASS 0,4L 3.8

DRINKS

HOT SPECIALS*

SUNSHINE LATTE

Tumeric, ginger, pepper, nutmeg,
cardamom, cinnamon, coconut sugar

GLASS 0,3L 4.3

CHAI LATTE

Black tea, ginger, cinnamon, cloves,
fennel, cardamom, star anise

GLASS 0,3L 4.3

MATCHA LATTE

Organic matcha powder

GLASS 0,3L 4.3

CHOCOLATE CHAI

Cacao powder, guarana, ginger,
cardamom, cinnamon, matcha, cloves

GLASS 0,3L 4.3

CHOCOLATE MINT

Cacao powder, coconut sugar, guarana,
matcha, mint

GLASS 0,3L 4.3

HOT CHOCOLATE

Raw cacao powder, coconut sugar

GLASS 0,3L 3.8

* With a choice of oat, rice, or soy milk
(+0,00), or pea protein milk (+ 20 cent)

DRINKS

WATER

MINERAL WATER

Preussenquelle still / sparkling

BOTTLE 0,3L 2.4

Preussenquelle still / sparkling

BOTTLE 0,5L 3.8

St. Leonhard still / sparkling

BOTTLE 1L 5.7

TABLE WATER

Chilled and filtered water, free refils,
price per person

Still

Sparkling

CARAFE 3.1

ORGANIC JUICE

Apple

Orange

Rhubarb

Blackcurrant

GLASS 0,3L 3.5

GLAS 0,4L 5.7

SPRITZ

Apple

Orange

Rhubarb

Blackcurrant

GLASS 0,3L 2.8

GLASS 0,4L 3.7

DRINKS

FRESHLY PRESSED JUICE

CLEANSING

Celery, apple, ginger

SUPPORTIVE

Carrot, apple, ginger, linseed oil

GLASS 0,3L 6.1

GLASS 0,4L 7.9

SMOOTHIES

IMMUNITY BOOSTER

Mango, coconut, rice milk, tumeric, maca powder

BEAUTY BOOSTER

Wildberries, coconut, rice milk, matcha

GLOW BOOSTER

Banana, spinach, dates, rice milk, chia seeds

GLASS 0,3L 4.9

GLASS 0,4L 6.5

DRINKS

HOMEMADE LEMONADES

PINKY

Pink grapefruit, sparkling water, lemon, ginger, mint

HOLLER

Elderflower, ginger beer, sparkling water, cucumber, mint

GLASS 0,4L 3.7

LEMONAID

Lime

Passion fruit

Blood orange

BOTTLE 0,3L 3.0

LAMMSBRÄU ORGANIC-LIMO

Lemon

BOTTLE 0,3L 3.0

COMMUNITY COLA

Original

Sugarfree

BOTTLE 0,3L 2.9

BÄRBUCHA

Kombucha from in the neighbourhood

Various flavours

BOTTLE 0,3L 4.7

DRINKS

ORGANIC BEER

Quartiermeister Pils	
Lammsbräu Helles	
Lammsbräu Radler	
Lammsbräu Alkoholfrei	BOTTLE 0,3L 3.5
Lammsbräu Weißbier	
Lammsbräu Weißbier Alkoholfrei	BOTTLE 0,5L 4.2

ORGANIC WINE

GLASS 0,2L / CARAFE 0,5L / BOTTLE 0,75L

WHITE

Chardonnay	4.7 / 10.6 / -
Weißburgunder	6.3 / 13.0 / 18.4
Falcata Bianco	- / - / 24.2

WINE SPRITZ

3.7 / 7.7 / -

RED

Nero D'Avola	6.3 / 13.0 / 18.4
Primitivo	6.7 / 13.4 / 18.8
Bordeaux	- / - / 24.2

ROSÉ

Camino Rosado	6.2 / 13.0 / 18.4
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PROSECCO

La Gioiosa	0,1L 4.7
	0,75L 28.0

FOOD

BRUNCH

MANA'S BIG BREAKFAST ^{1,2,4,6}

Chia-Mango-Yoghurt, avocado, organic bread* and butter, cheese slices, bell pepper dip, herby fresh cheese, jam, piece of cake

12.2

VEGAN SCRAMBLED EGGS ^{1,2}

Organic tofu, cherry tomatoes, fresh basil, salad, organic bread* and butter

7.3

+ LAX (smoked salmon from carrots)

11.2

AVO BROT ^{1,6}

Avocado, hummus, sprouts, organic bread*

6.7

+ LAX (smoked salmon from carrots)

10.7

LAX BROT ^{1,2,4}

Smoked salmon from carrots, marinated beetroot, fresh cheese, dill, organic bread*

10.7

SHAKSHUKA ^{1,2,6,8}

Hummus, parsley-tahini yoghurt, tomato paste, bell pepper, pita bread*

9.7

PROTEIN PASSION ^{2,4}

Bircher muesli, passion fruit, roasted coconut, fresh berries, hibiscus, chia seeds

8.7

* Gluten-free bread is available at an additional cost of €1

FOOD

ADD TO ANYTHING

Organic croissant ¹	2.2
1/2 Avocado	3.4
LAX (smoked salmon from carrots)	4.2
Apricot or plum jam	1.4
Organic chocolate spread	1.9
Two slices of cheese ⁴	1.9
Organic margarine ²	1.9
Hummus	1.9
Olives	1.9
Organic bread basket ¹	3.4
Gluten-free bread	2.4

FOOD

LUNCH STARTERS

OLIVES ^{1,4}

Pickled olives, organic bread* 5.4

HUMMUS ^{1,4}

Hummus, organic bread* 5.4

TIPSY MELON

Watermelon, wheatgrass, vodka, mint 4.2

GREEN-DREAM SOUP ^{1,6,8}

Garden peas, lemongrass, coconut milk, chili, coriander, roasted coconut chips, black sesame seeds, organic bread* 5.7

SHAKSHUKA ^{1,2,6,8}

To share between 2 or more people
Hummus, parsley-tahini yoghurt, tomato paste, bell pepper, pita bread* 9.7

* Gluten-free bread is available at an additional cost of €1

FOOD

LUNCH MAINS

BLACK BEAN BURGER 1,2,4,6

Patty from black beans, cheese, jalapeños, tomatoes, rocket, pickled red onions, MANA's burger sauce

Potato wedges, homemade mayo, and dressed salad on the side

12.7

SUMMER SALAD 1,2,5,6

Mix of green salad, avocado, cherry tomatoes, spring onion, edamame, sesame, tamarind-ponzu dressing

7.7

STAY BALANCED BOWL 2,8

Black beans, avocado, herby fresh cheese, wild rice, salad, corn cracker, tomatillo dressing, coriander

12.7

STAY LUCKY BOWL 1,2,6

Spicy fried tofu, avocado, edamame, wild rice, pineapple, cucumber, spring onions, ginger, coriander

12.7

FOOD

SWEETS

MAGIC POPPY MOUSSE ²

Coconut cream, poppy seeds, tonka beans, plum jam

4.8

CRÈME BRÛLÉE ^{1,2}

Caramel, shortbread

4.8

CHOCOLATE LOVER ²

Gluten-free brownie, vanilla ice cream, cream

5.8

HOMEMADE CAKES

you can find our daily selection in the vitrine at the bar

2.7 – 3.7

Portion cream ²

1.7

Portion vanilla ice cream ²

1.7